

Emergency and Crisis Mental health Services

Emergency Evaluation and Treatment:

Psychiatric hospitals evaluate and when needed provide 24 hour care for kids and teens that need a safe and healing environment. Some offer Partial Hospital (PHP) or Intensive Outpatient (IOP) Programs. General hospitals also see children in their emergency rooms for medical problems and can provide mental health evaluations if needed.

Mobile Crisis Outreach Teams (MCOTs) offer face to face evaluations to people going through a crisis in the community 24 hours a day, 7 days a week. The goal of this kind of evaluation is to understand if a person is in danger to find the best possible mental health services to keep them safe and help them get better.

Crisis Hotlines give emotional support and help to people in the community going through a crisis 24 hours a day, 7 days a week by phone or text.

Mobile Crisis Outreach Teams and Crisis Hotlines in our area, contact:

- North Texas Behavioral Health Authority (NTBHA) **866-260-8000** (if you live in Dallas, Ellis, Hunt, Kaufman, Navarro, or Rockwall County)
- LifePath Systems **877-422-5939** (if you live in Collin County)
- Denton County MHMR **800-762-0157** (if you live in Denton County)
- ICARE Call Center **800-866-2465** (If you live in Tarrant County) or text **817-335-3022**
- Lakes Regional Community Center **877-466-0660** (if you live in Camp, Delta, Franklin, Hopkins, Lamar, Morris, or Titus County)

Or across the country:

- National Suicide Prevention Lifeline **800-273-TALK (8255)**
- Trevor Lifeline (LGBTQ) **866-488-7386**
- Suicide and Crisis Center of North Texas **214-828-1000**
- National Crisis Texas Line Text HOME to **741741**

Walk-In Outpatient Programs:

- Southern Area Behavioral Healthcare: An urgent care clinic that offers emergency psychiatric care to people in Dallas, Ellis, Hunt, Kaufman, Navarro and Rockwall counties. 4333 Gannon Lane, Suite 101, Dallas, TX 75237 (972) 283-9090 Hours: M-F 4PM-10PM and Sunday 2PM-7PM.
- LifePath Systems Plano Outpatient Clinic: Clinic that offers mental health care to people living in Collin County. No appointment needed. Must arrive 2 to 3 hours prior to closing to complete paperwork.
7304 Alma Drive Plano, TX 75025 and 1515 Heritage Drive, Suite 105, McKinney, Tx 75069
(972) 422-5939 or (844) 544-5939
Hours: M-Th 8AM-6PM and Friday 8AM-Noon 5PM-9PM (last seen 8PM)
- Denton County MHMR: Offers psychiatric services to people living in Denton County and is open 24 hours a day, 7 days week. No appointment needed. 2519 Scripture Street, Suite 100 Denton, TX 76201 (800) 762-0157
- Metrocare Services: Offers many services to people with mental illness and developmental and intellectual disabilities with multiple locations in Dallas County. Child and Adolescent services are available at Westmoreland, Samuel, Grand Prairie, Skillman and Midway locations. Offices open at 7:30 AM M-F for walk-in appointments. (877) 283-2121